

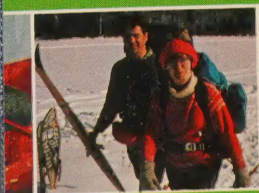


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# 10 ways to look and feel GREAT







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# 10 ways to look and feel GREAT





# BE ATTRACTIVE

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10 Ways to look and feel

**GREAT**





When was the last time you did something just for you? . . . Yesterday? . . . Last week? . . . Not sure? Let's face it: time for the "just for you" pleasures may be hard to find. Take a few minutes right now to do something special — for you. Read on, and discover how easy it is to make time to feel good.

This booklet is about physical activity — about all the things you can do to look and feel better. Advice on tackling the time and energy crunch, and choices in self-improvement, are now in your hands.

Take time to feel good. Take time to look great. Be attractive.

**Worried about hard work? . . .  
No fun? Wait a minute.  
Have you tried . . .**





# PHYSICAL ACTIVITY?

## **ME?**

I am:

---

☐ not a runner.

---

☐ running all the time.

---

☐ run off my feet!

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Relax! It's not essential that you run, or jump or stretch beyond your limit. Dozens of choices await you, and you can decide what you'd most like to do.

Use our check list as a reminder of ten attractive suggestions for physical activity. You'd like to dance? Go right ahead. You'd rather ski? That's up to you. Check off your choices and try as many as you'd like.

Be good to yourself. Discover your personal style —

**and EXERCISE it!**



# 1.

## □ **WALK,** DON'T RUN

... to work, to the park, to the supermarket ... Running isn't for everyone, and you're not alone if you don't like it.

Fortunately, there's a good alternative. Walking contributes to physical fitness, and weight control too — and you've been practising more than you think .

.. Simply walk further than you'd run, or more briskly than you might and — DARE WE SAY IT? — you'll have taken steps toward improved fitness. Being attractive is easy!



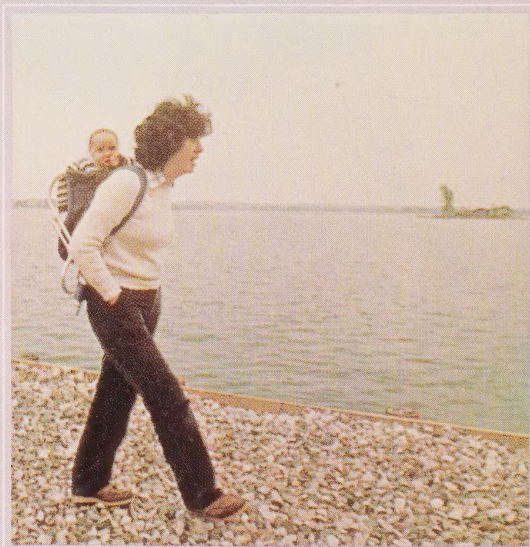


# 2.

## □ **THINGS TO DO** WHILE YOU

... walk, jog, swim, or bike. Finding time for exercise — especially cardiovascular exercise\*, is difficult in a busy day. Why not double up? When you're planning dinner or solving a problem — get moving — and go for a walk, or a swim, or a ride on your bike. Take the time (you will anyway) and put it to work. That's efficiency!

\*Cardiovascular exercise is moderately vigorous activity which increases your heart rate for at least 15 minutes. Practised regularly (at least 3 times per week), cardiovascular exercise helps your heart and lungs stay healthy.





# 3.

## □ **EXERCISE** IS NO SWEAT

When there truly isn't time (be honest!) to change, work out, shower, and get back to a busy day, opt for some "no sweat" exercises. Do them in the living room, the office — anywhere you have a square meter of space. Try to complete one exercise for each part of your body and be sure to include combinations of swinging, marching or kicking. Start at the ankles and work up!

Too tired? Even simple stretching will stimulate circulation and lubricate the joints. A little can mean a lot, when you're rushed.



# 4.

## ☐ **NEW** OLD TRICKS

Been rollerskating lately? Remember those metal-wheeled platforms that clipped to your shoes? The skates are different now, but skating is just as much fun as it always was. All kinds of activities are on the scene again — things you may have done or never got around to.

**WAIT NO LONGER:**

there are adult lessons and special sessions at many activity centres. Sign up for dancercise, slim 'n trim, a yoga event; what about badminton, jazz, cross-country skiing? Look around your community and discover what's available. Try something new this week!



# 5.

## ☐ **ENERGY** RESOURCES

Walk, bike, skate — to work, to the store, to visit a friend. Any time a trip in the car means less than ten minutes — **WALK!**

Reward your efforts by tucking away a quarter when the car is left behind. Take a giant step towards satisfying cardiovascular and girth control needs, and save for a treat at the same time. Be good to yourself (you've earned it!).





# 6.

## □ JOIN THE **KIDS**

Family outings are always popular, and you'll find everything from organized backpacking to spontaneous Sunday hikes. Take the family skating, canoeing, tobogganing; visit a nature trail or the local park. Everyone's involved — you're always part of a family!



# 7.

## □ TUNING IN & **TONING UP**

Feeling shy or self-conscious about getting involved? Tune in to T.V. and rehearse some "no sweat" exercises in your own home. Showtime is go-time: run on the spot, or set up your exercise bike; during commercials, skip the snacks and bend and stretch. For rave reviews, tone up with a morning fitness show. Be a regular doer. View and DO!



# 8.

## □ IT'S RAINING, **IT'S POURING**

Cold or wet conditions may discourage you, but there's no need to let bad weather interfere with scheduled exercise. Replace fair weather gear with boots or mitts, and try to stick to your regular program. If this isn't possible, move indoors and test a new routine. Enjoy that winter white, or splash about in puddles: what's important is to DO. Dress for the part, and keep moving. It feels great!





# 9.

## □ **GIRTH** CONTROL

It's not so much what you weigh, but how you look and feel, that tells the story. Given our basic structure, we all play the "weighting game"!

Healthy habits build healthy bodies. Feel good about your diet and your exercise — whether you're trying to lose those extra pounds and inches, or simply maintain your present weight. Enjoy that muffin with your coffee, or if "it's Christmas" — go ahead. Just be sure to pay up — today, no later than tomorrow. Enjoy it and burn it off. Park the car on the far side of the lot or use the stairs instead of the elevator. Any active choice will burn calories: bike to work, or to the store; or mix a day of light eating with some extra activity. Look for control and control your looks!



# 10.

## □ **UNITE** WITH YOUR FRIENDS

Mutual support when exercising can keep you going when the going gets rough.

### FOR WOMEN AT HOME

group activity can be difficult to coordinate. Who will look after the children? Form a neighbourhood exercise league\* and team up with other Moms. Pack up the kids and meet at house #1; catch-up, and warm-up, at the same time. When the group heads out for a walk or a run, your hostess stays with the children. Move on to house #2 on the next day.

### FOR WOMEN IN THE WORKPLACE

telephones, meetings and important decisions can be a problem. When you're free at noon, find a friend and walk out! Or try an exercise break when the coffee cart visits. If you can't join the others, do some "no sweat" exercises at your desk. Everyone can participate, and your business continues.



Keep your friendships

## **ACTIVE!**

\*Neighbourhood exercise leagues needn't be just for Moms. Dads, seniors, everyone can enjoy the group involvement. Join one, and all, and **in!**



# EACH WEEK FOR:

# BE SURE TO:

☐ cardiovascular benefits

include at least three moderately vigorous sessions (at least 15 minutes long) of continuous activity (walking, swimming, cycling, skating, or dancing).

☐ muscle strength, tone

include two or three sessions of exercise which involve each of the major parts of your body — legs, arms, trunk, front and back.

☐ flexibility

follow up all physical activity with gentle, sustained stretching for all parts of your body.

☐ relaxation

include a short period of quiet with your eyes closed.

## EACH TIME YOU EXERCISE:

☐ warm up

before you begin any vigorous activity (for at least five minutes). Include movements which begin slowly, working up to exercises as brisk as those you will do in your activity program. Warm-up movements should include all parts of your body.

☐ cool down

following vigorous activity (for three to five minutes). Easy walking, followed by relaxed stretching, is a good choice after most types of exercise.

### NOTE:

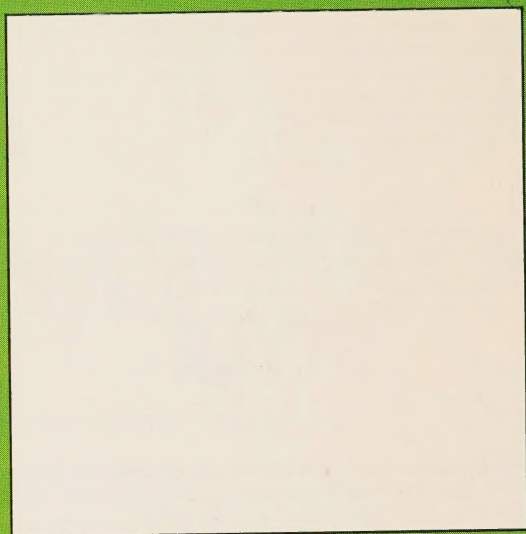
If you are not active and wish to begin an exercise program, begin slowly. Be good to yourself and start gently. If you are uncertain, contact a fitness consultant or your physician.

If your #1 concern is fat reduction or WEIGHT CONTROL, it's best to try for DAILY exercise habits. Every little bit counts. A few calories here because you stood instead of sat, a few calories there because you walked instead of taking the car . . . the plus of your tennis game or exercise class, it all adds up. Whatever you do, DO!

Remember  
The choice is yours  
The time is now  
**be attrACTIVE!**

For more information, contact  
your . . .

- YM/YWCA
- school board
- municipal recreation department



Canada

A cooperative project of  
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